

Comparisons of Job Characteristics

Focus Occupation: [Fitness Trainers and Aerobics Instructors \(39-9031\)](#)

Associated Occupation: [Recreation Workers \(39-9032\)](#)

[Compare Knowledge](#)

[Compare Skills](#)

[Compare Abilities](#)

[Compare Detailed Work Activities](#)

[Compare Tools and Technologies](#)

<<	Focus occupation element is much lower
<	Focus occupation element is lower
0	Focus occupation element is at a similar level
>	Focus occupation element is at a higher level
>>	Focus occupation element is at a much higher level

Knowledge

Similarity of Focus Occupation to Associated Occupation: 86

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Recreation Workers (39-9032)

Associated Occupation's Key Knowledge Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation	
Customer and Personal Service	11.3	16.8	16.8	0	Current knowledge level may be sufficient
Psychology	6.4	11.2	10.6	0	Current knowledge level may be sufficient
Sociology and Anthropology	4.1	7.4	6.6	<	Expanded education and/or training may be required
Therapy and Counseling	3.8	6.9	6.1	<	Expanded education and/or training may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Skills

Similarity of Focus Occupation to Associated Occupation: 88

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Recreation Workers (39-9032)

Associated Occupation's Key Skills Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation	
Coordination	9.1	12.3	9.6	<	A higher skill level may be required
Social Perceptiveness	9.1	12.3	10.7	<	A higher skill level may be required
Service Orientation	7.9	12.0	11.5	0	Current skill level may be sufficient
Instructing	7.8	10.6	13.1	>	Skill level is likely sufficient
Management of Personnel Resources	6.9	10.1	6.7	<<	Extensive development of skills in this area may be required
Management of Material Resources	3.7	6.6	2.2	<<	Extensive development of skills in this area may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Abilities		Similarity of Focus Occupation to Associated Occupation: 55			
Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031) Associated Occupation: Recreation Workers (39-9032)					
Associated Occupation's Key Abilities Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation	
Originality	7.6	10.1	7.5	<<	Extensive improvement in abilities may be required
Time Sharing	6.6	7.6	6.4	<	Some improvement in abilities may be required
Stamina	4.0	7.5	13.8	>>	Current ability level is likely more than sufficient
Gross Body Coordination	3.9	6.7	13.2	>>	Current ability level is likely more than sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Activities that Both Occupations Have in Common		Similarity of Focus Occupation to Associated Occupation: 96
Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031) Associated Occupation: Recreation Workers (39-9032)		
Work Activities	Exclusivity of Activity	
Adapt activities to meet participant needs	95	
Demonstrate physical activities	85	
Follow sport rules or techniques	92	
Lead indoor or outdoor games	99	
Lead recreational activities	89	
Make presentations	13	
Motivate team members to excel	92	
Teach sports rules or techniques	89	
Use first aid procedures	70	
Use interpersonal communication techniques	10	
Use oral or written communication techniques	1	
Use teaching techniques	29	

Not all positions in these occupations will necessarily perform all of the listed activities. The exclusivity rating is an indication of how unique the activity is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations engage in that activity.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Tools and Technologies that Both Occupations Have in Common

Similarity of Focus
Occupation to Associated
Occupation: 46

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Recreation Workers (39-9032)

Tools and Technologies	Exclusivity
Audio and visual equipment	4
Business function specific software	1
Computers	1
Content authoring and editing software	1
Data management and query software	1
Emergency and field medical services kits	19
Finance accounting and enterprise resource planning ERP software	2
Information exchange software	1
Network applications software	1

Not all positions in these occupations will necessarily use all of the listed tools and technologies. The exclusivity rating is an indication of how unique the tool or technology is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations use that tool or technology.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.